

## Baked Miso Salmon

Prep & Bake time 30 minutes (serves 4)

- 3/4 pound of salmon, cut into 4 pieces
- 2 tsp light miso  
(a fermented salty soybean paste)
- 1 tblsp Dijon mustard
- 2 tblsp Mirin (Chinese rice cooking wine)
- 4 dried pieces of wakame seaweed rinsed & soaked in 1 cup hot water for 10 minutes (save water)
- 1 medium sized onion, cut in half & sliced
- 3 cups fresh sliced shitake mushrooms
- 3 cloves garlic, chopped
- 1/2 tblsp minced fresh ginger (or 1/4 tsp dried)
- 2 tsp soy sauce
- Salt & white pepper to taste
- Garnish with minced green onions



Directions:

Preheat oven 350 degrees

1. Bring water to a boil in a steamer with tight fitting lid. While water is coming to a boil, rinse and soak seaweed, saving the water.
2. Prepare glaze by mixing miso, Dijon mustard and Mirin along with a pinch of white pepper. Coat generously the salmon with the glaze and set aside while preparing the rest.
3. Add oil to medium pan and sauté onions, garlic, ginger and mushrooms for 5 minutes. Add chopped seaweed, 1/2 cup seaweed water and soy sauce and cook 5 minutes. Season with salt & pepper.
4. Bake salmon 7 minutes, depending upon thickness.
5. Serve salmon over a bed of the mushroom mixture, and sprinkle with the minced green onions.

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